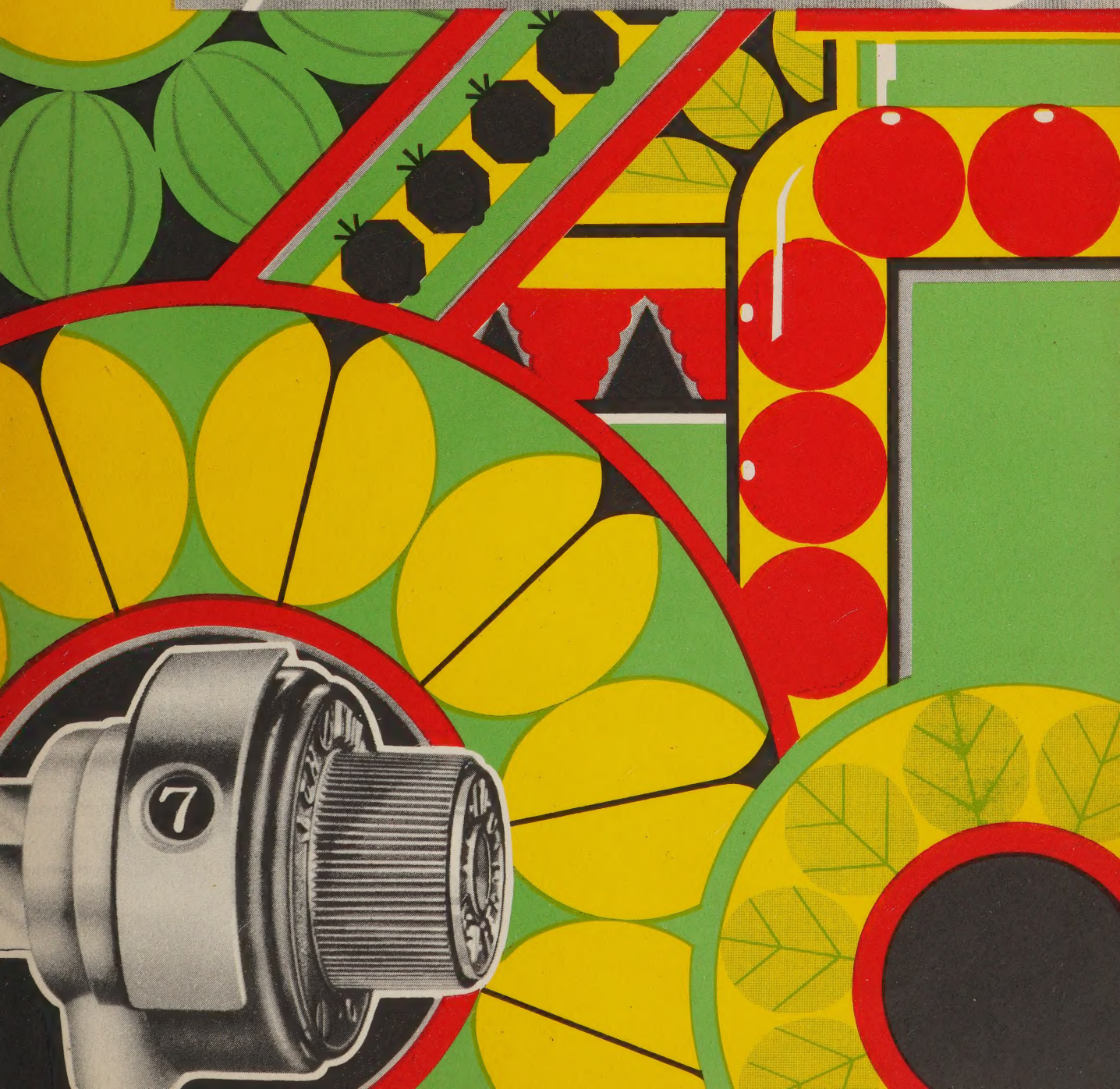


Better fruit bottling



WELLCOME
LIBRARY
pm
QT 235
1938
R 12 b



22501695136

Fruit bottling at home with the Regulo

"Bottling of fruit is looked upon by some people as difficult and tiresome. This is only because they have not tried the newest method of bottling fruit in the "New World" gas oven with the aid of the "Regulo." It will be seen by reading the instructions in this booklet that the process is very easy, and furthermore, small quantities can be bottled at a time.

This is an advantage for those who have only a few fruit trees, as they can gather fruit a little at a time as it becomes ready.

When the housewife has no home-grown fruit to bottle she may yet find it cheaper to bottle fruit at home provided she buys the fruit when it is most plentiful.

When there is little fresh fruit available, bottled fruit will make a very pleasing change."



THE BOTTLING OF FRUIT AT HOME

The fruit to be bottled should be fresh, clean, free from bruises and as perfect as possible. Over-ripe or damaged material will not give satisfactory results.

The process consists in heating the jars containing the fruit, etc., in the oven or in water in a pan on the hotplate.

Jars must be free from flaws, rubber rings must be new, and the "sealing" of the jars, either by means of the glass plate and screw cap or by use of clarified mutton fat or parchment, must be complete so that no air can enter the jars after they have been sealed. Jars and their fittings, including rubber rings, should be thoroughly scalded before use.

Bottled fruit should be stored in a dry, cool cellar or other dark place.

BOTTLING BY HEATING IN THE "NEW WORLD" OVEN USING THE "REGULO."

General Directions.

First Method.—For Fruit bottled with syrup, to be used straight from the bottle :—

1. Light the oven burner and set the "Regulo" at mark $\frac{1}{2}$. (For Pears, use mark 1).
2. Scald the jars, rings and glass tops in boiling water. The rubber rings must be new.
3. Dry the jars and while hot pack them with fruit, which should have been washed, unless skinning is specified. Pack the fruit tightly by tapping the jars on a folded cloth or pad.
4. Stand the jars on a board and pour boiling syrup over the fruit to within 1 inch of the top of the jar.
5. Fix on the rubber rings, put on the glass tops, adjust the screw tops loosely. Place the jars on a cardboard or asbestos mat in the hot oven. Use the fifth grid runner from the top. Four 3-lb. jars can be heated simultaneously. Space must be allowed between the jars, which must on no account overhang the grid at the back.
6. After the required time in the oven, lift the jars on to a board and tighten the screw tops.
7. When cold, test the seal of each jar by removing the screw top and lifting the jar by the glass top. If the glass top does not come away, the seal is complete. If, however, the glass top comes away in the hand, sealing is incomplete.

NEW WORLD REGULO-CONTROLLED COOKERS

In that case the fruit should be sterilised again. Before doing so, examine the lid, the rubber ring and the top of the bottle for flaws, and reject any faulty part. To sterilise again, add a little extra syrup to bring the level within $\frac{1}{2}$ to 1 inch from the top of the jar. Replace the rubber ring, the lid and the screw top loosely. Place in the oven and allow the required time for the particular fruit plus 5 minutes extra on account of the liquid being cold. Finish off as before.

Note.—Taste the fruit before serving, and if it is not sufficiently sweet dissolve more sugar in some of the juice and pour this, boiling, over the fruit. Serve either hot or leave to become quite cold.

Second Method—For Fruit bottled with water, to be used for cooking.

Follow directions 1, 2 and 3 as in the first method above.

4. Stand the jars containing the dry fruit on a cardboard or asbestos mat in the hot oven. Use the fifth grid-runner from the top. Allow space between the jars, which must not overhang the grid at the back.

5. When the fruit has been heated for the required time, take out one jar at a time, stand it on a board and immediately pour in boiling water, filling the jar to the top. Put on a new rubber ring, the glass top, and screw down tightly as quickly as possible.

6. When cold, test the seal as described in the first method.

If it is necessary to re-process, add a little cold water and follow the directions for re-bottling with syrup.

N.B.—The time in the oven for each kind of fruit is the same in both methods.

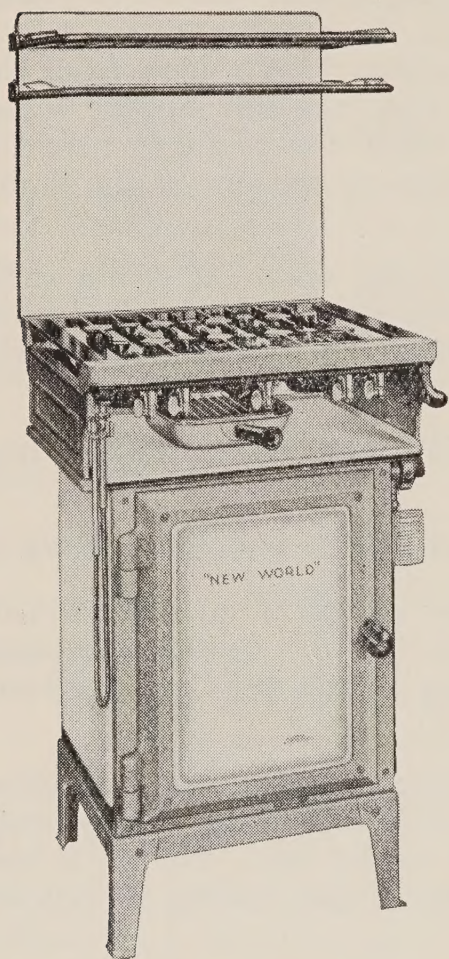
The screw top will be easier to manage if the inside be slightly greased.

BLACKCURRANTS

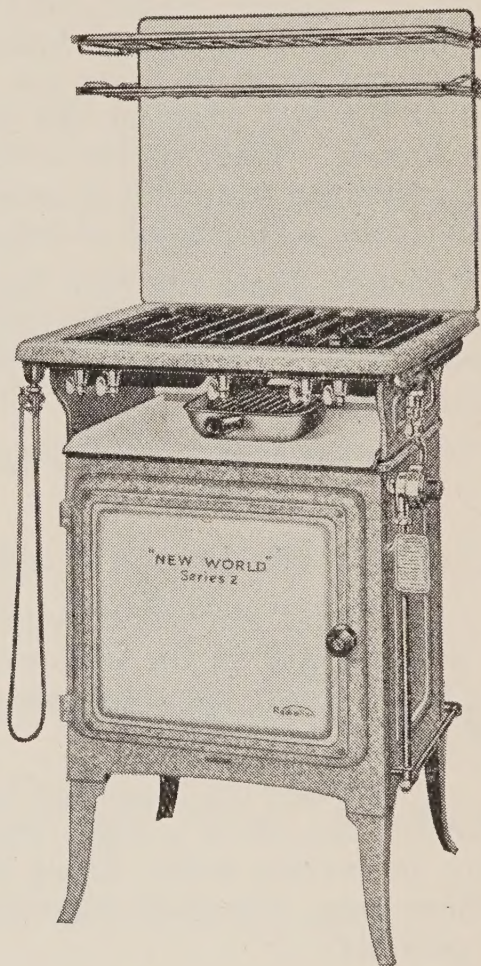
Regulo Setting Mark $\frac{1}{2}$
Time 1 Hour.

Method.—Choose dry, fresh currants and remove any soft fruit; string and wash. Prepare a syrup of 1 lb. of sugar to 1 pint of water (allow this quantity for each 3-lb. jar). Pack the fruit into hot scalded jars and pour in boiling syrup to within 1 inch of the top. Fix the new rubber rings, etc., and heat in the oven for 1 hour with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal. The same directions apply to Red Currants, Bilberries, etc.

THE BOTTLING OF FRUIT AT HOME



NEW WORLD



NEW WORLD—Series 2

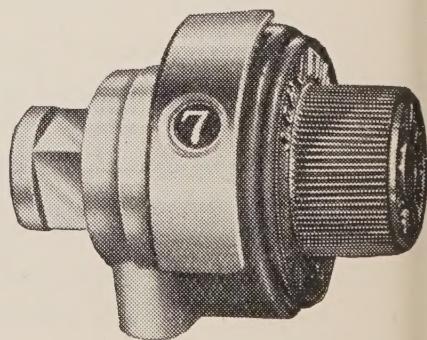
Additional sizes of the New World Gas Cooker have recently been introduced. These additional cookers are known as New World—Series 2, and are thus described on the door panel and on the Regulo tablet fixed on the oven supply pipe.

The illustrations above show typical examples of the two types.

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial give a choice of all the heats necessary for every variety of cooking, and once the dial is set and the time for cooking noted, the oven may be left entirely to itself, the food being removed at the end of the period, without the oven door having been opened in the interim, on a single occasion.

When using the Regulo always keep the oven tap full on.



NEW WORLD REGULO-CONTROLLED COOKERS

CHERRIES.

Regulo Setting Mark $\frac{1}{2}$
Time 30 Minutes.

Method.—Wash the fruit and remove any which is soft or imperfect. Make a syrup of $\frac{1}{4}$ -lb. of sugar to 1 pint of water. Heat the fruit and syrup in a saucepan and bring to the boil slowly. Allow the cherries to remain in the syrup over night. Place the fruit in clean hot jars ; boil up the syrup and fill the jars to within 1 inch of the top. Fix new rubber rings, etc., and heat in the oven for 30 minutes with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

This method keeps the fruit distributed in the jars and avoids any possibility of the cherries being hard, but if this is not specially desired, the clean fruit can be packed into the hot jars, boiling syrup poured in, and the process completed as described.

GOOSEBERRIES.

Regulo Setting Mark $\frac{1}{2}$
Time 30 Minutes.

Method.—Top-and-tail and wash the fruit and pack into clean hot jars. Pour boiling syrup ($\frac{1}{2}$ -lb. of sugar to 1 pint of water for each 3-lb. jar) over the fruit to within 1 inch of the top of the jars. Fix the new rubber rings, etc., and heat the jars in the oven for 30 minutes with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

Gooseberries can also be bottled by the second method. The same "Regulo" setting and time will be required.

PEACHES.*

Regulo Setting Mark $\frac{1}{2}$
Time 1 Hour.

Method.—Choose peaches which are not too ripe. Place them in boiling water for a few seconds to loosen the skin. Skin the fruit, cut into halves, and remove the stones. Pack the fruit into heated jars and pour in boiling syrup ($\frac{1}{2}$ -lb. of sugar to 1 pint of water) to within 1 inch of the top. Fix the new rubber rings, etc., and heat in the oven for 1 hour with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

These directions also apply to Apricots, but the latter are not usually skinned and are bottled whole.

PEARS.*

Regulo Setting Mark 1
Time 45 Minutes.

Method.—Choose firm, rather hard fruit. Pare, cut into halves, and remove the cores.

* Fruits such as peaches, pears, apples, etc., which when peeled discolour readily in air, should be packed in jars and covered as quickly as possible with syrup. If this is not possible, the fruit should be placed in water containing 1 tablespoonful of salt to each quart. The fruit must then be washed before bottling.

THE BOTTLING OF FRUIT AT HOME

Heat the prepared fruit in a saucepan with a syrup of $\frac{1}{4}$ -lb. of sugar to 1 pint of water. Bring to the boil slowly. Pack the fruit tightly into hot clean jars, and pour in the boiling syrup to within 1 inch of the top. Fix the new rubber rings, etc., and heat the jars in the oven for 45 minutes with the "Regulo" at mark 1. Remove the jars, tighten the screw tops and, when cold, test the seal.

PLUMS.

Regulo Setting Mark $\frac{1}{2}$
Time 45 Minutes.

Method.—Choose fruit which is not too ripe; remove the stalks, wash and pack into hot jars. Pour in boiling syrup ($\frac{1}{4}$ -lb. sugar to 1 pint water) to within 1 inch of the top. Fix the new rubber rings, etc., and heat the jars in the oven for 45 minutes with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops, and when cold, test the seal.

This method can be used for Greengages and Damsons, but for the latter allow 35 minutes in the oven.

Plums, etc., can be bottled by the second method. The same "Regulo" setting and time should be used.

RASPBERRIES or LOGANBERRIES.

Regulo Setting Mark $\frac{1}{2}$
Time 35 Minutes.

Method.—Choose dry, firm fruit. Plug the berries and wash carefully. Make a syrup of 1-lb. of sugar to 1 pint of water (allow this amount to 3-lbs. of fruit). When the sugar has dissolved, put in the berries and simmer gently for 5 minutes. Pack the fruit into hot jars and pour in the boiling syrup to within 1 inch of the top. Fix the new rubber rings, etc., and heat the jars in the oven for 35 minutes with the "Regulo" at mark $\frac{1}{2}$.

Remove the jars, tighten the screw tops and, when cold, test the seal.

Alternative Method.—Choose dry, firm fruit. Plug the berries and pack without crushing into jars. Cover with the glass lids and place in the oven with the "Regulo" at Mark $\frac{1}{2}$ for about 20 minutes, or until the fruit has sunk in the jars. Remove the jars and partly fill up some of them with fruit from others, leaving space to add syrup. Pour in boiling syrup (2 lbs. of sugar to 1 pint of water) to within three-quarters of an inch from the top. Fix the new rubber rings, etc., and heat the jars in the oven for 35 minutes with the "Regulo" at mark $\frac{1}{2}$.

Remove the jars, tighten the screw tops and, when cold, test the seal.

STRAWBERRIES.

Regulo Setting Mark $\frac{1}{2}$
Time 35 Minutes.

These may be bottled as for Raspberries but are not attractive, as the fruit shrinks, loses colour, and rises badly in the bottles. The following method will be found more satisfactory. Either use the syrup from bottled raspberries or loganberries, or make a syrup as follows:—

Method.—Pour 1 pint of cold water over 1 lb. of sugar. Allow to stand 10-20 minutes, then dissolve slowly with gentle heat. Add 2 lbs. of raspberries or loganberries and stew gently until the juice has run from the fruit to colour the syrup. Strain and cool.

Plug the strawberries and wash carefully. Cover with the cool syrup and bring slowly to the boil. Remove at once and leave in the syrup until the next day. Pour off the syrup, pack the strawberries carefully in hot scalded jars. Strain the syrup and pour it boiling into the jars to cover the fruit and to come to within one inch of the top of the jar. Fix the new rubber rings, etc., and heat in the oven for 35 minutes with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

N.B.—It will be found that the strawberries pack together very closely, therefore, the use of small jars is usually convenient.

To bottle two or more fruits together

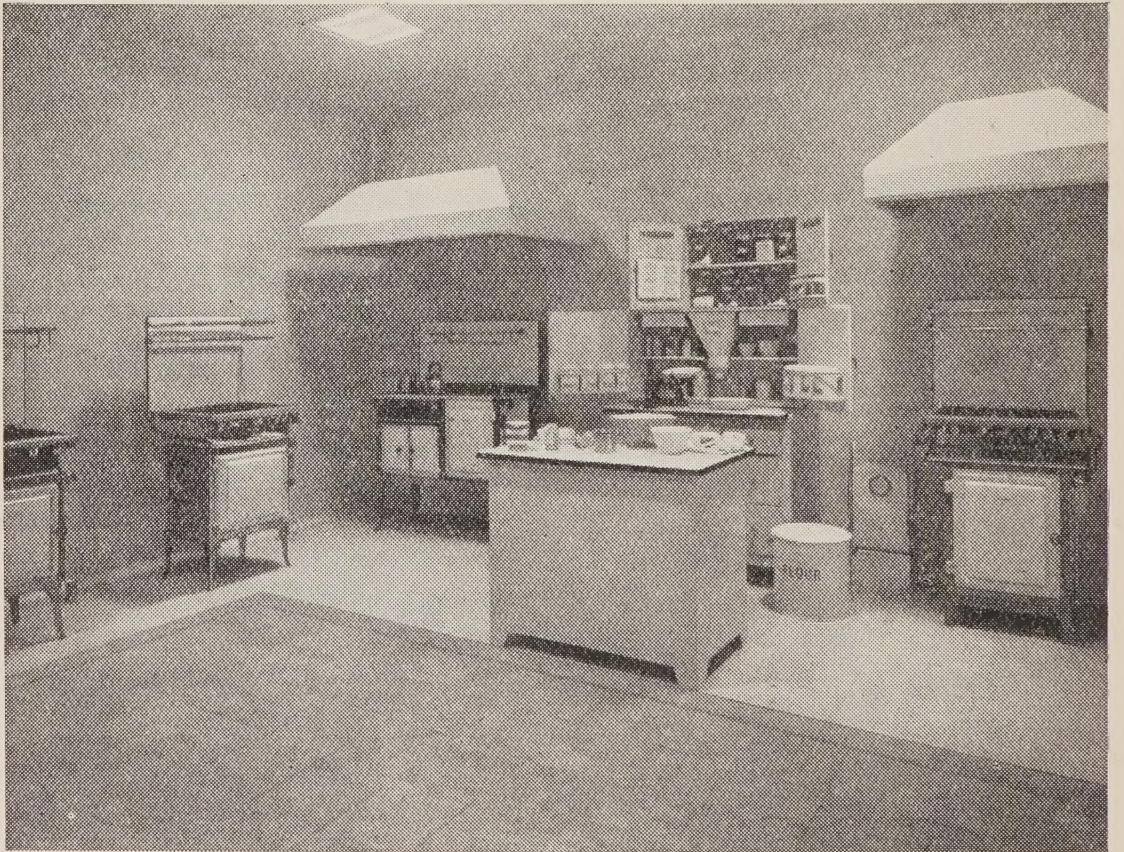
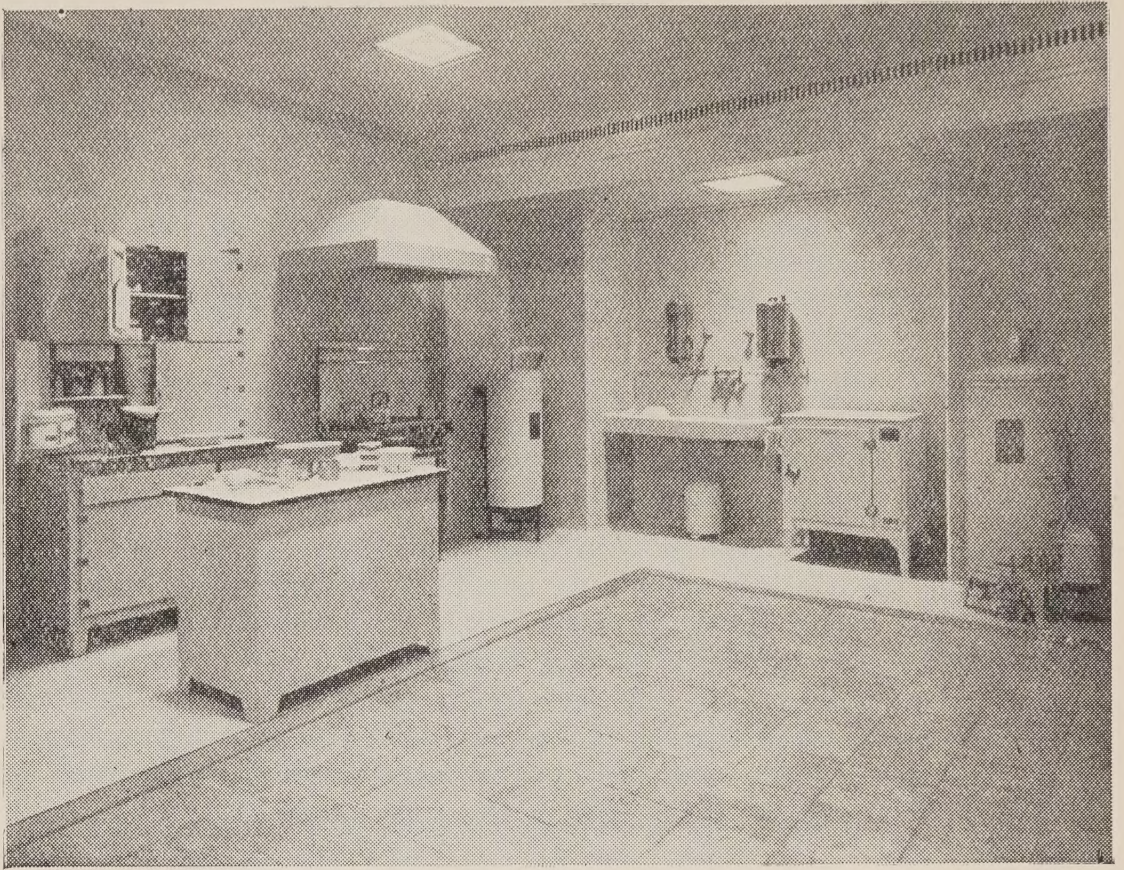
A fruit may be improved in colour by bottling it with another fruit. Thus red cherries may be mixed with green gooseberries.

When gathering fruit from a small garden it may be convenient to mix the fruit in order to fill a bottle.

Any two fruits requiring the same time in the oven may be bottled together by the second method, or by the first method if no previous cooking of the fruit is required. The strength of the syrup must be sufficient to sweeten both fruits. Thus if equal quantities of cherries and gooseberries are bottled together, 6 ozs. of sugar to 1 pint of water would be required.

To bottle together fruits requiring different times to sterilise and different strengths of syrup, proceed as follows:—

Make a syrup of 1 lb. sugar to 1 pint water. Into this syrup put the fruit requiring the longest time to sterilise. Simmer gently, adding the fruit requiring the medium time to cook after 5 or 10 minutes. Cook for a further 5 or 10 minutes until the fruit is almost tender but not broken. Lift the fruit from the syrup with a draining spoon and place it directly into the bottles, adding the



Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

NEW WORLD REGULO-CONTROLLED COOKERS

fruit that requires the shortest time to sterilise and has not been stewed, or cherries that have been in syrup all night. Leave room in the bottles for syrup. The cooked fruit will fit closely together. Boil up the syrup and fill the jars to within 1 inch of the top. Fix new rubber rings, etc., and heat in the oven for 30 minutes (or the time required for the fruit that has been bottled raw) with the "Regulo" at Mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal. The fruit should be tasted before serving and more sugar added if required.

To make the Syrup for Bottled Fruits

The syrup may be made with from $\frac{1}{4}$ -lb. to 1-lb. of sugar to every pint of water. Preserving sugar is the most suitable.

Method.—Pour the water (cold) over the sugar and leave to stand from 10 to 20 minutes. Place in a saucepan and slowly heat to boiling point, but do not allow to boil until the sugar has dissolved. Strain through three or four folds of muslin and reboil before pouring over the fruit.

Syrup from other bottled or stewed fruit can be used to improve the colour and flavour of the fruit. To prepare this syrup see directions for bottled strawberries.

TOMATO PULP.

Regulo Setting Mark $\frac{1}{2}$
Time 1 Hour.

Method.—Remove the stalks and wash the tomatoes; tie in a piece of muslin. Dip into boiling water and boil for three minutes. Lift the tomatoes out of the water and dip into a bowl of cold water for a few minutes. Remove the muslin and skin the tomatoes. Pack them closely in hot scalded jars, adding 1 teaspoonful of salt to every 1-lb. of tomatoes (weighed before scalding). Fill to within 1 inch of top of jars. Fix the new rubber rings, etc., and heat the jars in the oven for 1 hour with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

TOMATOES.

Regulo Setting Mark $\frac{1}{2}$
Time 1 Hour.

Method.—Choose small, rather under-ripe tomatoes. Remove the stalks and pack the tomatoes tightly into hot jars by tapping on a folded cloth. Care must be taken not to break the skins. Add 1 teaspoonful of salt to each pound of tomatoes and pour in boiling water to within 1 inch of the top. Fix the new rubber rings, etc., and heat the jars in the oven for 1 hour with the "Regulo" at mark $\frac{1}{2}$. Remove the jars, tighten the screw tops and, when cold, test the seal.

Bottling by heating in water on the Hotplate

A.—Using Patent Jars.

1. Choose a pan, fitted with a loose bottom, holding enough water to cover the jars. The loose bottom can be made of thin strips of wood fastened together. A thermometer will be found very useful in recording the temperature of the water during the heating process.

2. If Kilner jars are used, they should be washed thoroughly and fitted with new rubber rings.

3. Wash the fruit, drain, and pack tightly into the jars without cracking the skin of the fruit.

4. Fill the jars completely with cold water or cold syrup made from $\frac{1}{4}$ -lb. of sugar dissolved in 1 pint of water.

5. When each jar is full to overflowing, press on the glass lid, slip on the screw and screw down tightly without relaxing the pressure on the lid.

6. Place the jars in the pan, cover well with cold water, and when under water, loosen the screws a little.

7. Cover the pan with the lid, which should have a hole in it to admit the thermometer.

8. Heat slowly; at the end of 1 hour the thermometer should register 130°F . At the end of a further $\frac{1}{2}$ hour it should register 150°F . Keep at this temperature for 5 minutes.

9. Lift out the jars one at a time and immediately tighten the screw on each. After cooling for a short time, tighten the screws still further.

10. When quite cold, take off the screw and lift each jar by its lid. If the lid comes off, the jar is not sealed properly and the fruit will not keep.

TO BOTTLE TOMATOES.

Add $\frac{1}{2}$ teaspoonful of salt to each bottle of tomatoes. Heat to 150°F . in the first hour, 180°F . in the following half-hour, and keep at this temperature for 15 minutes.

B.—To Bottle Fruit without the use of Patent Jars.

1. Choose a deep pan, fitted with a loose bottom.

2. The jars should be thoroughly washed.

3. Use either clarified mutton fat or parchment for sealing the jars.

4. To prepare the parchment : Soak in cold water for 24 hours. Wash and scrape carefully until quite clean. Cut into rounds rather larger than required and keep in cold water until wanted.

5. Wash the fruit and pack tightly into the jars.

6. Add water to within $\frac{1}{2}$ inch of the top.

7. Place the jars in the pan with enough cold water to come up to the shoulder of the jars.

8. Cover the pan with a lid and heat the water to simmering point very slowly, simmer gently for 20 to 30 minutes ; the skin of the fruit must not crack.

9. Lift out the jars one at time and cover the fruit with melted clarified fat, or tie the parchment, stretched tightly, over the mouth of each jar.

Note.—The fruit may be bottled in jam jars by the two methods described for bottling fruit in the oven. Cover the jars with saucers whilst they are in the oven. Remove the saucers and cover as above when removed from the oven.

Recipes for Dishes made with Bottled Fruit

1. TO SERVE BOTTLED FRUIT WITH CREAM.

(a.) Fruit bottled in water.

Pour the water from the fruit into a saucepan. Add sugar to sweeten, dissolve, and then bring it to boiling point. If the fruit is firm, place it in the syrup and cook for a few minutes, but if the fruit is soft, place it in a bowl and add the boiling syrup. Leave to stand until quite cold.

(b.) Fruit bottled in Syrup.

This may be served as it is if sufficiently sweet, but more sugar may be required. To add sugar, dissolve the sugar in some of the juice, pour it over the fruit and serve when quite cold.

2. FRUIT FLAN.

Ingredients.

Pastry.	$\frac{1}{4}$ oz. gelatine
Colouring	Sugar.
Sweetened fruit from a small bottle.	

Method.—Line a flan or deep sandwich-tin with the pastry. Trim and decorate the edge. Prick the pastry at the bottom of

THE BOTTLING OF FRUIT AT HOME

the tin and cover lightly with a piece of greased paper. Place a few crusts on the paper. Bake in the oven for 15 minutes with the "Regulo" at Mark 8 for rough puff pastry; 18 minutes with the "Regulo" at Mark 7 for short crust pastry and 20 minutes with the "Regulo" at Mark 5 for fleur pastry.

Remove the crusts and paper and bake for a further 5 minutes. Turn out of the tin carefully on to a rack and leave to cool.

To make the syrup. Take $\frac{1}{4}$ pint of syrup from the fruit, soak and dissolve the gelatine in it. Add the colouring and sugar if required. Leave to cool but not to set. Arrange the fruit in the cold flan case and pour the syrup over it. Leave to set and serve cold. Whipped cream can be piled upon the flan.

Alternatively, cover the fruit with a meringue in place of syrup, and bake for 20 minutes with the "Regulo" at Mark $\frac{1}{4}$. Serve hot or cold.

3. TO USE JUICE FROM BOTTLED FRUIT WHEN FRUIT ONLY HAS BEEN USED FOR FLAN.

Ingredients.

1 pint juice	Sugar
1 oz. gelatine	2 tablespoonfuls of wine.

Method.—Place the juice, sugar and gelatine in a saucepan. Leave to soak for half-an-hour, then heat until the gelatine and sugar are dissolved. Add the wine and strain into jelly moulds. When cold, turn out and serve with custard or cream.

Other ways of using the Juice.

- a. Soak sponge cakes in the juice, previous to making trifle.
- b. Add the fruit juice to mixture to be frozen for ice creams.
- c. Add lemon juice to the fruit juice with sugar to sweeten; dilute with water or soda water. Add small pieces of ice and serve as a cooling drink.

4. FRUIT JELLY.

Ingredients.

Contents of 1 bottle of fruit.

1 pint size jelly square of same flavour as the bottled fruit.

Method.—Measure out 1 pint of the fruit juice or fruit juice and water. Cut up the jelly square. Heat the juice, add sugar, if required, and pour it over the square. Stir and leave to cool. Arrange the fruit in a damp jelly mould. Pour the juice over it and leave to set. Turn out and serve with cream.

ARDEN HILL & CO. LTD.

Birmingham and London

**THE DAVIS GAS STOVE
CO. LTD.**

Luton and London

**FLETCHER RUSSELL
& CO. LTD.**

Warrington and London

**RICHMONDS GAS STOVE
CO. LTD.**

Warrington and London

**WILSONS & MATHIESONS
LTD.**

Leeds and London

JOHN WRIGHT & CO. LTD.

Birmingham and London

Radiation
— — — LIMITED — — —

Publications Department
164-172, Queen Victoria Street, London, E.C.4

THE UNIVERSITY OF CHICAGO

LIBRARY

1891

1892

1893

1894

1895

1896

1897

1898

1899

1900

1901